

Abstract

Title: Design an intervention program for overweight women.

Objectives: Show an importance of lifestyle changes, a modification of diet habits and an inclusion of physical activities in overweight or obesity therapy. Find which aspects made positive influence to the state.

Methods: For this study ten overweight women were chosen. Five of them were aged between 22 and 25 years old and other five were from 36 to 43 years old. None of them do some sport professionally now or in the past. Selected women wanted to change their lifestyle and this study should help them with it. I asked them about their earlier activities, their health and relationship to food. I measured them with a bioimpedance analyzer and a sartorial meter. I also measured their wight on personal scale. It was last parameter which I was interested in. The individual intervention program for 103 days was established based on all founded parameters. After these days I evaluated the influence of the intervention program on overweight changes.

Results: The study demonstrate that physical activities, diet changes and lifestyle changes have a big influence on overweight or obesity fight. My first hypothesis was confirmed. It said that the personal weight and the body fat percentage decrease after 103 days with physical activities and change of diet habits. We can say that all women except one reduced their weight and body fat percentage.

Keywords: obesity, overweight, diet, physical activity